

KİTABI SATIN ALMAK İÇİN:

Erasmus+

2.Ek Kitap



05365632256

Dr.musa TOKMAK

K122

musatokmak3@yahoo.com

KA210

KA220

Proje Örnekleri

KA152YOU Discovering cultures through food: a Youth Exchange for intercultural understanding and sustainable living.....	1
KA122SCH İklim Değişikliğini Önleme İçin İtalya'da İşbaşı Eğitimi.....	51
KA122SCH İklim Değişikliği için Elele.....	86
KA104 Yetişkin Eğitiminde Obesite ile Sporla Mücadele.....	121
KA122VET Reggio Emilia' yı Okulumuza Taşıyoruz.....	165
KA122SCH Özel Eğitime Teknolojik Yaklaşım.....	200
KA122SCH We Beat Obesity with Sports.....	235
KA101 Etkileşimli Müfredat Uygulaması.....	270
KA122SCH Atatürk Ortaokulu Samsun.....	318
KA122ADU Sürdürülebilir Su Yönetimi Konusunda Yetişkinlerin Mesleki Kapasitelerinin ve Farkındalıklarının Arttırılması.....	355
KA122SCH Zorbalık Boş, Arkadaşlık Hoş.....	386
KA122SCH Ortak Yaşamda Dezavantajları Kaldırıyoruz:Kaynaştırma Uygulamalarında Yeni Yaklaşımla.....	423
KA122SCH Obesite ve Spor.....	459
KA210SCH Genç Sosyal Gazeteciler :İklim Koruyucuları.....	486
KA210SCH Yeşil Yol.....	512
KA210SCH	539
KA210SCH Büyükbabam ve büyükbabam en az internet kadar eğlenceli!.....	556
KA122SCH Improve Y-EU-rself! Accrescere le competenze del personale scolastico per facilitare l'inclusione, l'apprendimento e la digitalizzazione, proiettando la scuola verso una dimensione Europea.....	589
KA152YOU Young Social Journalists.....	624
KA210SCH Little World Citizens: First Steps in Ecological Sensitivity.....	650
KA210SCH More than a Seed.....	691
KA210SCH Continuous Transformation for a Sustainable Planet.....	723

KA210SCH Empowering Minds, Creating Waves of Change.....	759
KA220VET Constructing a Green Wave in VET.....	796
KA229 BRIGHT CAREERS.....	984
KA210YOU InvoYouth - together for civic engagement.....	1138
KA220YOU FutureMarketers: Empowering Youth with Digital Marketing Innovations.....	1174
KA210SCH Practical consumption ways for a supporting a sustainable development.....	1232
KA182SPO Taekwondo for All.....	1263



Application

Programme	Erasmus+
Action Type	KA152-YOU - Mobility of young people (KA152-YOU)
Call	2024
Round	Round 1

Table of contents

Context.....	4
Project Summary.....	5
Summary of Participating Organisations.....	7
Summary of Activities and Participants.....	8
Project Budget.....	9
Budget Summary.....	9
Budget Summary per Activity Type.....	9
Budget Summary per Activity.....	10
Applicant organisation.....	11
Partner organisations.....	11
Participating Organisations.....	11
Applicant - ZESPÓŁ SZKÓŁ NR 1 IM. AMBROŻEGO TOWARNICKIEGO (E10096011 - PL).....	11
Applicant details.....	11
Profile.....	11
Background and experience.....	12
Partner Organisations.....	14
Maison des Jeunes l'Aventure (E10301233 - BE).....	14
Fondazione Adolescere (E10345637 - IT).....	17
Project Rationale.....	19
Needs and Objectives.....	19
Impact.....	20
Topic.....	21
Project Details.....	22
Activity (Activity PREPV01, Visite préparatoire, Preparatory visits).....	23
Activity (Activity YEXMS02, Echange, Youth exchanges - Member States and associated countries).....	26
Project Design.....	37
Preparation, support and follow-up.....	37
Recognition of learning outcomes.....	38
Participant with fewer opportunities.....	39
Use of virtual components.....	39
Environmental friendly practices.....	40
Project Management.....	41
Partnerships.....	42
Evaluation.....	43
Sustainability of the results.....	43
Dissemination of project results.....	44

Erasmus+ Youth Quality Standards	45
EU Values	47
Annexes	48
Checklist	49
Submission History	50

Context

Project Title			"Discovering cultures through food: a Youth Exchange for intercultural understanding and sustainable living"	
Project Acronym			DCTF	
Project Start Date (dd/mm/yyyy)	Project Duration	Project End Date (dd/mm/yyyy)	National Agency of the Applicant Organisation	Language used to fill in the form
01/06/2024	6 months	30/11/2024	PL01 - Foundation for the Development of the Education System	English

For further details about the available Erasmus+ National Agencies, please consult the following page: [List of National Agencies](#).

Project Summary

Please provide short answers to the following questions to summarise the information you have provided in the rest of the application form.

Please use full sentences and clear language. In case your project is accepted, the summary you provided will be made public by the European Commission and the National Agencies.

What do you want to achieve by implementing the project? What are the objectives of your project? Please specify from the perspective of youth work practice.

The project entitled "Discovering cultures through food: a Youth Exchange for intercultural understanding and sustainable living" is a youth exchange organised between three partner organisations: Italy, Poland and Belgium.

The project grew out of questions raised by young people from the three organisations in the three countries, which are similar in several respects: young people from the three organisations admit to being ultra-connected (both themselves and other young people) and are aware of the negative effects of globalisation. They have the impression that everything is becoming the same for everyone, that there is not so much diversity any more. That's why this project, this youth exchange, is intended to open their eyes to difference and interculturality.

The objectives of the project are :

1. Encouraging cultural exchange: through this project, we would like to offer young people the opportunity to organise activities, workshops and discussions to share their traditions, values and customs and gain a better understanding of the cultural differences of each country. This will strengthen intercultural links and give young people a better understanding of the cultures of other countries.
2. Reinforcing social links: We hope to create a friendly and inclusive environment where young people can work together on a common project, take part in group activities and share meals. This will help young people to develop stronger social relationships and a sense of community.
3. Raising awareness of food diversity: We will be organising tastings, cooking demonstrations and discussions on the cultural importance of food. In this way, we will create a new awareness among young people about food culture, territoriality and sustainability.
4. Understanding the complexities of the food system: We're going to meet local farmers so that young people can understand the production process behind the food that arrives on our plates.

The aim of the project is to give the young participants an opportunity to open up to cultures other than their own, through mobility but also through the encounters they will have. We are going to focus on discovering European diversity through the food culture of each country, each region, each person.

As food is the means of understanding this cultural diversity, we are going to push the project towards an understanding of the issues surrounding the food system.

In this way, young people will learn to think critically about their food choices.

The project will be highlighted and documented through photos and videos commented on by the young participants. Their main means of expressing themselves will be photography and video, but they will also be able to add their own comments (mood posts, testimonials, interviews, etc.). To share their experiences with others, they will be using an Instagram account so that everyone can follow their adventures almost live. In addition, a photo exhibition and/or video projections will be held in each of the countries on their return from the youth exchange.

From the beginning to the end of the project, the young people are at the heart of it, giving their opinions, making choices and so on. Together, they have chosen a social theme that unites them. It is also by living and experiencing "living together" and "doing together" that they will be able to learn and develop key skills.

As youth professionals, the three organizations realize that youth exchanges are a great way for young people to develop their skills. Indeed, the total involvement of young people in such a project will enable them to open up to others and to the world, to develop their critical thinking, to learn about project management, to get to know Europe better, to learn to take initiatives, to learn to express themselves in writing, but also to transmit emotions and feelings via photos and/or videos, etc.

What activities do you plan to implement? What is the number and profile of the participants involved?

Activities :

- nature hikes.

- cooking workshops where each group brings recipes from its own country to share with the others.
- writing workshops for reports, commentaries, mood bills, interviews, etc.
- evaluation.
- games to get to know the other participants.
- fun activities.
- creative moments.
- discovering the culture of other group members through presentations.
- visit of a larger city in the region.
- selection of photos and/or videos for the final exhibition.
- meet local farmers.
- workshops and discussions on the food system.

Participants:

There are 21 young people aged 14 to 17 from three different countries (Belgium, Poland and Italy) taking part in the project. There is a fairly equal number of girls and boys. These are young people who don't have a lot of financial means. They all belong to youth organisations that organise activities and youth exchanges for and with them. For most of them, this will be the first time they have taken part in a youth exchange project.

What results and impact do you expect your project to have?

- The project aims to provide young participants with enriching intercultural experiences, fostering the development of intercultural skills by sharing traditions and values.
- Through encounters with local farmers, the project seeks to raise awareness of food diversity, promote conscious and sustainable food choices, and offer insight into the food production process.
- Overall, the project intends to create lasting international relationships, positively influence future interactions, and encourage critical reflection on socio-economic and environmental issues related to food.
- The project will enhance group cohesion among young participants through cultural exchange and activities focused on social links and food diversity. Participants will acquire interpersonal skills, cultural sensitivity, and awareness of sustainability issues during the project.
- The relationships formed during the project will persist, creating a lasting network within the organizations or groups of young people. The initiative may inspire ongoing community projects related to sustainable food, utilizing skills such as collaborative project management. The success of the project will positively influence the reputation of participating organizations.
- The project will be showcased to professionals, volunteers, members, young people, and families, highlighting the involvement of the participants and teams. It will also impact local communities, including facilities and young people, as well as all partners involved. At regional, national, and European levels, the exchange aims to foster a sense of belonging to their country and Europe, potentially leading to the creation of a network of partners to support similar projects.

Summary of Participating Organisations

Organisation name (Organisation id, Country 2-letter code)	Country of the Organisation	Role of organisation	Type of Organisation
ZESPÓŁ SZKÓŁ NR 1 IM. AMBROŻEGO TOWARNICKIEGO (E10096011, PL)	Poland	Applicant Organisation	School/Institute/Educational centre – General education (secondary level)
Maison des Jeunes l'Aventure (E10301233, BE)	Belgium	Partner Organisation	Youth organisation
Fondazione Adolescere (E10345637, IT)	Italy	Partner Organisation	Youth organisation

Summary of Activities and Participants

Activity Type	No. of Activities	No. of persons	Participants with Fewer Opportunities
Youth exchanges - Member States and associated countries	1	27	21
Preparatory visits	1	4	0
Total	2	31	21

Project Budget

☐ The National Agency has requested a financial guarantee.

Budget Summary

Budget items	Grant
Preparatory visits Grant (EUR)	2 720,00
Travel (EUR)	3 033,00
Green travel (EUR)	3 753,00
Individual Support (EUR)	16 767,00
Inclusion support for organisations (EUR)	2 625,00
Inclusion support for participants (EUR)	600,00
Organisational Support (EUR)	2 625,00
Total Grant (EUR)	32 123,00

Budget Summary per Activity Type

Activity Type	Youth exchanges - Member States and associated countries	Preparatory visits
Preparatory visits Grant (EUR)	0,00	2 720,00
Travel (EUR)	3 033,00	0,00
Green travel (EUR)	3 753,00	0,00
Individual Support (EUR)	16 767,00	0,00
Inclusion support for organisations (EUR)	2 625,00	0,00
Inclusion support for participants (EUR)	600,00	0,00
Organisational Support (EUR)	2 625,00	0,00
Grant (EUR)	29 403,00	2 720,00

Budget Summary per Activity

Activity id	Activity Type	Preparatory visits Grant (EUR)	Travel (EUR)	Green travel (EUR)	Individual Support (EUR)	Inclusion support for organisations (EUR)	Inclusion support for participants (EUR)	Organisational Support (EUR)	Grant (EUR)
PREPV01	Preparatory visits	2 720,00	0,00	0,00	0,00	0,00	0,00	0,00	2 720,00
YEXMS02	Youth exchanges - Member States and associated countries	0,00	3 033,00	3 753,00	16 767,00	2 625,00	600,00	2 625,00	29 403,00

Applicant organisation

OID	Legal name	Country	Region	City	Website
E10096011	ZESPÓŁ SZKÓŁ NR 1 IM. AMBROŻEGO TOWARNICKIEGO	Poland	Podkarpackie	Rzeszów	http://www.tb.resman.pl

Partner organisations

OID	Legal name	Country	Region	City	Website
E10301233	Maison des Jeunes l'Aventure	Belgium	Prov. Liège	Comblain-au-Pont	http://www.mjlaventure.be/
E10345637	Fondazione Adolescere	Italy	Lombardia	VOGHERA	www.fondazioneadolescere.it

Participating Organisations

To complete this section you will need your organisation's identification number (OID).

If you have an OID number please introduce it in this section.

If you are not sure if you have OID number, you can check here: [Organisation Registration System](#)

If you do not have OID number, you can create one here: [Register New Organisation](#)

According to the Programme Guide, each organisation (OID) can be involved in a total of 5 Mobility of young people applications per application round. The maximum number includes all applications in this action, regardless of whether the organisation is a coordinator or a partner. Once this limit is reached, it will not be possible to submit further applications with the same organisation (OID).

Applicant - ZESPÓŁ SZKÓŁ NR 1 IM. AMBROŻEGO TOWARNICKIEGO (E10096011 - PL)

Organisation ID	Legal name	Country
E10096011	ZESPÓŁ SZKÓŁ NR 1 IM. AMBROŻEGO TOWARNICKIEGO	Poland

Applicant details

Legal name	ZESPÓŁ SZKÓŁ NR 1 IM. AMBROŻEGO TOWARNICKIEGO
Country	Poland
Region	Podkarpackie
City	Rzeszów
Website	http://www.tb.resman.pl

Profile

Is the organisation a public body?	Is the organisation a non-profit?
Yes	No
Type of organisation	School/Institute/Educational centre – General education (secondary level)

Background and experience

Please briefly present your organisation/the group.

We are located in secondary high school Zespół Szkół in Rzeszów, which is a complex of General and technical.

What are the activities and experience of the organisation in youth work? Please provide information on your organisation's / group's regular youth work activities.

Erasmus+ has been an immensely enriching journey for our team, affording us the opportunity to partake in several transformative projects. Through our involvement, we've not only honed our professional skills but also undergone profound personal growth. These initiatives have provided invaluable insights into diverse cultures and lifestyles, while equipping us with new competencies applicable in our home environment.

Over the past three years, our organization has been actively engaged in numerous Erasmus+ projects, offering recurring opportunities for our team members. Notably, young individuals who have previously participated in the "Peace in Class, Peace at School" project in Turkey have contributed to fostering harmony and cooperation in a nation historically marked by conflict and unrest. This initiative serves as a platform for promoting peaceful values within school communities, facilitating collaboration towards a shared vision of peace.

One of the most captivating projects we've been privileged to join is the "Young Journalists Study Changes in Architecture" in Portugal. As aspiring journalists, we were thrilled at the prospect of delving into Portugal's architectural heritage. This endeavor allowed us to explore iconic structures while delving into their evolutionary narratives—an enriching experience for any aesthete.

Furthermore, our firsthand encounter with Erasmus+ has underscored its immense value for young individuals seeking international exposure and cultural immersion. Through one-on-one mentoring sessions with professionals across Europe, participants gain invaluable insights into post-project opportunities, be it through partnerships with young people or guidance on pursuing educational avenues abroad.

Our organization is deeply committed to empowering youth from disadvantaged backgrounds, particularly those hailing from rural areas plagued by high unemployment rates. To this end, we prioritize fostering entrepreneurial skills, recognizing their growing significance on the European stage. Moreover, we champion environmental conservation, acknowledging the profound concern among our youth for the planet's future.

In conclusion, our journey with Erasmus+ is nothing short of transformative, instilling in us a profound appreciation for cultural diversity, environmental stewardship, and the boundless potential of youth empowerment. Through our ongoing efforts, we strive to equip young individuals with the skills and opportunities needed to effect positive change in their communities and beyond.

For a comprehensive view of our organization's endeavors, we encourage you to explore our official website and our organization's Instagram account.

Links: <https://zs1erasmus.resman.pl/>, https://www.instagram.com/6lo_rzeszow/

Please give information on the key staff/persons involved in this application and on the competences and previous experience that they will bring to the project.

Anna Morawiec-Suslo, English teacher, project coordinator. Experience in implementing E+projects. Participation in Comenius, then E+ and Leonardo da Vinci. Participation and coordination of etwinning projects and SALTO international workshops and seminars, Rafał Brygidyn, deputy headmaster involved in planning and project management. Amelia Domin is youth leader.